Russian people are very suspicious about psychotherapists and other specialists in this field, because there are many amateurs, self-proclaimed specialists and quacks. Such people will make an erroneous diagnosis, force you to waste your time on unsuccessful treatment and will, in general, make a good living on your gullibility. Consequently, the first step to solve your problems is to find an expert in psychology, who will respond to your complaints or things you are worried about without any nebulous philosophizing.

There are many cases which can prove the fact that psychotherapists can help people. Sometimes people know what to do themselves, they have all the answers in their mind, but they realize it only while being listened to. Moreover, a good specialist can distinguish between the root of the problem and its consequences and will find the way to eradicate it. Psychotherapists can also advise the patient to consult with a different specialist and it is one of the steps to recovery. In addition, they can help by getting on the right side of the patient: some people need to be motivated; some just want to be sympathized or to hear the opinion of the person which is not involved in the situation.

To sum up, I believe that specialists in the field of psychology, psychotherapy etc. can really help people.